



# ROSE BAY HIGH SCHOOL

A BRIDGE TO THE FUTURE



## Students travelling their way to fitness

FITNESS at Rose Bay High School continues to improve as more students walk or ride a bike to school.

Rose Bay High recently surveyed its classes from Grade 7 to 10, finding about 25 per cent of students were walking or riding to school rather than catching a bus or being dropped off by their parents.

Students are also able to participate in school sports teams.

Amy Mourant has recently arrived at Rose Bay High. She has been employed as the school sports representative, organising sporting events and teams.

"Along with organising the sports, I help with the administration of the carnivals. I've noticed that participation-wise, the amount of students involved has improved since last year," Miss Mourant said.

Physical Education (PE) is compulsory for all Grade 7-10 students. Extra Sport and Recreation and Sport Science classes are also available.

Other events, such as the annual swimming carnival and cross-country race, help keep the students at Rose Bay fit and healthy.

PE classes help students prepare for annual events. The classes include activities to improve cardiovascular fitness and muscular endurance.

**NATALIE LEAHY**

# GETTING THE MESSAGE

A COURTESY desk has recently been introduced at Rose Bay High School as a way of reducing the number of public announcements during class time and lessen interruptions to students' learning.

Grade 8 students staff the courtesy desk on a daily roster. After all of the Grade 8s have had a turn, the Grade 7s are rostered on.

The courtesy desk involves a student taking messages to staff and students prior to recess, lunchtime and the end of the school day. Courtesy desk staff also show visitors to meeting areas, or collect students who required at the office.

The main motive for organising the program was because the number of PA announcements were increasing. This made it harder for students to focus on what was being announced, and at the same time they were being distracted from their work.

Students benefit by learning how the school office works. The program also gives them a



**GOOD IDEA:** Georgia Hofto helps fellow Grade 8 student Jemma Plummer at the courtesy desk.

run smoothly. The office staff have been able to spend more time concentrating on other important things, rather than running around the school giving messages to students. They have found the courtesy desk a great help.

Altogether, the courtesy desk program has been a successful and useful program, which benefits the school in many ways.

**Thank you**

ROSE Bay High School thanks the businesses that have supported this page, and the School Page team for its hard work — Lewis van Bommel, Nat Martin, Oliver Reading, Kelly Deane, Natalie Leahy, Stacey Cameron, Mikaela Seaborne and Beth Sutherland.

**KELLY DEANE and BETH SUTHERLAND**

**WINNERS:** Natalie Leahy, left, Iris Carthy, Jacob Walker, Monique Williams and Kelly Deane won prizes in this year's Anzac Day essay competitions. Organisers said one of the judges was moved to tears and the work submitted was outstanding and worthy of being published. Picture: LEWIS VAN BOMMEL



## The great outdoors

OUTDOOR Education has become an optional class at Rose Bay High School, with many students getting involved during 2008.

The course runs through the year with the option of continuing on for another year. It teaches a lot of things including first aid and survival methods in the bush.

Students can also take part in a number of recreational activities including rock climbing, abseiling,

kayaking and orienteering, all of which are greatly enjoyed by the students and teachers involved.

They learn to use and create their own maps of local areas. It is enjoyable but challenging.

"It is great if you're interested in the outdoor lifestyle because it teaches you a lot of interesting things," Tim Maguire, a 2007 participant, said.

**MIKAELA SEABORNE**

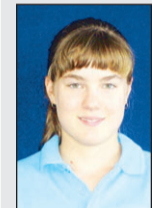
## Talk on the side

How can we build up our fitness levels at Rose Bay High?



**Bianka Saulis.**

Make the most of exercise opportunities like walking instead of catching a lift.



**Caylee Tierney.**

By getting everyone involved and seeing what sport they like.



**Dwayne Sheppard.**

Have more lunch-time activities.



**Alex Baxter.**

Have more organised sports available, such as a footy team.



**Tahlia Harris.**

More PE lessons would be good.

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